

# **GMT COVID-19 SAFETY PLAN** (July 2020)

## **WELL BEING FOR STAFF AND GYM MEMBERS**

1. Every person (GMT staff and gym member) must go through check in procedure prior to entering
  - a. Answer COVID 19 questionnaire
  - b. Temperature scan
  - c. Use hand sanitizer or thoroughly wash hands
2. Any person feeling symptoms or concerned about their health will be advised to self-isolate for 14 days.
3. Face mask required to be worn by all in hallway and inside the gym during training
  - a. If breathing gets difficult during training, person can take a break to distance and remove mask temporarily

## **PHYSICAL DISTANCING**

1. Every person must maintain a safe distance of 6 feet (2 meters) apart.
2. There will be no gathering allowed in hallway before training, between rounds, and after training
  - a. Spectators and parents are allowed outside of the gym if they are wearing a face mask and maintaining a safe distance of 6 feet (2 meters).
  - b. At end of class members must leave facility
3. Classes will be limited in size
  - a. 14 per adult classes
  - b. 10 per kids classes

## **HYGIENE AND CLEANING**

1. Hand sanitizer will be at check in counter, everyone will be required to use prior to checking in and at their convenience
2. There will be no public use gear such as boxing gloves, shin pads, head gear for members
3. Training equipment such as Thai pads, boxing mitts, kicking shields, heavy bags, etc. will be cleaned after each use by gym member
4. Cleaning supplies will be located on designated shelf
5. Classes will end 15 minutes early for the purpose of cleaning
  - a. All equipment used will be sprayed with disinfectant spray
  - b. Check in counter, restrooms, and training floor will be cleaned
6. Restrooms supplies such as paper towels and soap will be checked and maintained